





# Got Fish?



**Most fish are healthy for you, but some have harmful chemicals.  
Choose the best fish for you & your family using this guide:**

Anchovies  

Catfish (farm-raised)  

Cod 

Crab  

Fish Sticks/Pollack  

Salmon (canned/fresh/frozen)  

Shrimp  

Tilapia  

Trout (freshwater)  

Tuna (chunk light) 



Eat 1 serving  
per week



Eat 2 servings  
per week



Heart-healthy

**Fish in Michigan? Want to learn more about safe fish to eat? Call MDCH at 1-800-648-6942.**